

## WHAT IS CLAIMED IS:

1. A runner for a motor vehicle seat, said runner comprising:
  - a fixed rail and a moving rail mounted to move relative to the fixed rail along a longitudinal axis;
  - a latch received between the fixed rail and the moving rail and which is mounted to move between a locked position in which said latch holds the moving rail stationary, and an unlocked position in which said latch enables the moving rail to move, and resilient drive means for resiliently driving the latch towards the locked position;
  - an actuating element mounted to move relative to the moving rail between an unlocking position in which said actuating element brings the latch into the unlocked position and an locking position in which said latch can be moved towards the unlocked position under the drive from the resilient drive means;

wherein retaining means for retaining the actuating element are adapted to co-operate with longitudinal indexing means on the fixed rail so as firstly to hold the actuating element in the unlocking position over at least one predetermined range of longitudinal positions, and secondly to allow said actuating element to move into the locking position outside said at least one predetermined range of longitudinal positions.
2. A runner according to claim 1, in which the actuating element is mounted directly to pivot on an arm about a first transverse axis that is perpendicular to the longitudinal axis, said arm being mounted in fixed manner on the moving rail.
3. A runner according to claim 2, in which the retaining means for retaining the actuating element comprise a peg and the longitudinal indexing means on the fixed rail comprise a longitudinal guide ramp which has firstly at

least one unlocking segment forming the predetermined range within which the peg is in abutting contact against the unlocking segment for holding the actuating element in the unlocking position, and secondly at least two recesses disposed on either side of the unlocking segment and which are designed to receive the peg on the retaining means of the actuating element so as to allow said actuating element to move towards the locking position after the latch has moved towards the locked position under the drive from the resilient drive means.

4. A runner according to claim 3, in which the peg is formed integrally with the actuating element, and the longitudinal guide ramp is in the form of a substantially horizontal rigid plate that is mounted in fixed manner on the fixed rail.

5. A runner according to claim 3, in which the retaining means comprise a lever mounted to pivot on the arm of the moving rail, the lever having said peg and a projecting member serving to hold the actuating element in the unlocking position when the peg of the lever is in abutting contact with the unlocking segment of the guide ramp.

25 6. A runner according to claim 5, in which the unlocking segment and the two recesses are provided in a substantially vertical plate mounted in fixed manner on a side wall of the fixed rail, and the lever is mounted to pivot about the first transverse axis.

30 7. A runner according to claim 5, in which the unlocking segment and the two recesses are formed by a substantially longitudinal groove provided in a side flange of the fixed rail, said peg being received in the groove and the lever being mounted to pivot on the arm

about a second transverse axis parallel to the first transverse axis.

8. A runner according to claim 3, in which the peg is  
5 disposed on a lever mounted on the actuating element so that said lever is constrained to move with the actuating element and the longitudinal guide ramp is in the form of a rigid plate mounted in fixed manner on the fixed rail.

10 9. A runner according to claim 2, in which:

the retaining means for retaining the actuating element comprise a lever which is mounted to pivot on said actuating element about a second transverse axis that is parallel to the first transverse axis, said lever having a peg and a cam surface serving to come into abutting contact, when the peg does not co-operate with the indexing means, against a substantially horizontal abutment plate which is secured to the arm of the moving rail under the drive from a traction spring which connects said lever to the actuating element so as to hold the actuating element in the unlocking position; and

20 the longitudinal indexing means on the fixed rail are formed by projecting members disposed in fixed manner on a side wall of the fixed rail, each projecting member having a substantially triangular shape with two slopes which converge towards a top vertex, said peg of the lever serving to come into contact against one of the slopes of one of the projecting members while the moving rail is moving, so as to enable the lever to pivot and so 25 as to enable the cam surface to be disengaged from the abutment plate, thereby enabling the actuating element to move towards the locking position under the drive from the resilient drive means which drive the latch towards the locked position.